



SPANISH SPEAKING MENTAL HEALTH RESOURCES

SUBURBAN COOK COUNTY

Cook County Government is committed to serving all residents and workers, regardless of immigration or citizenship status. While the County does not have direct authority related to immigration policy or enforcement actions, many of our offices and agencies serve in support roles to our immigrant community. Cook County provides a variety of services and protections for all immigrants across the county.

Cook County Department of Public Health (CCDPH) has listed some easily accessible local and national mental health resources that provide support in Spanish. CCDPH encourages all community members to take advantage of the resources for support.

IMMIGRANT RESOURCES

Immigrant & Refugee Rights

Resources from the Illinois Coalition for Immigrant & Refugee Rights (ICIRR) are available at the links below and through ICIRR's hotline.

ICIRR's hotline is available in English, Spanish, Korean and Polish:

- **Call:** 1-855-HELP-MY-FAMILY
- **Visit (English):** [Know Your Rights](#)
- **Visit (Spanish):** [Conozca Sus Derechos](#)

Cook County

This website includes Cook County Government resources for immigrants. Additionally, information on the Illinois Attorney General and local organizations who serve immigrants and refugees is available, including national and non-governmental organizations.

- **Visit:** CookCountyIL.gov/immigration

COOK COUNTY HEALTH SERVICES

Cook County Health cares for all residents, regardless of immigration status. This legacy began with Cook County Hospital's first patient, a young girl who had recently immigrated from Germany. CCH believes that health care is a human right, and that all people should be able to access health care safely, without fear of legal repercussions.

CCH community health centers and hospital patient care areas are private spaces. Law enforcement officials, including immigration agents, are not permitted in these areas unless invited by a patient or if the official has a signed judicial warrant.

Cook County Health also offers virtual video and telephone health care visits for many services:

- Call: 312-864-0200 and request a virtual visit if you are a CCH patient
- Visit: [CCH Express Care](#) to access virtual immediate care in multiple languages via phone or computer.

MENTAL HEALTH HOTLINES

The following helplines provide mental health services in Spanish in Suburban Cook County or across the country:

988 Suicide and Crisis Lifeline

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a connection to free, confidential support.

- **Call:** 988. Press 2 to reach Spanish-speaking counseling
- **Text:** 988. Text "Ayuda" or chat online at 988lifeline.org
- **Hours:** 24/7

NAMI Chicago Helpline

Whether seeking help for yourself or for someone else the NAMI Helpline is a free and confidential resource that provides a listening ear, guidance and connection to the right mental health and social service resources, over the phone.

- **Call:** 833-NAMI-CHI (626-4244). Ask to speak with a Spanish speaking counselor
- **Hours:** Monday-Friday, 9AM-8PM, Saturday and Sunday 9AM-5PM

The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people all year round.

- **Text:** For Spanish messaging text "Comenzar" by Whatsapp using the number 55-9225-3337 or use the chat feature on the website at trevorproject.org.
- **Hours:** 24/7

LIVING ROOMS

NAMI Metro Suburban: Living Room Summit Location

The Living Room is a place to come if you are experiencing life's stress. NAMI Metro Suburban's trained team members use their own experience with mental health to help others – whether you are in an emotional crisis, or just need a safe place to speak with someone who understands. Services are free of charge.

- **Location:** 7602 63rd Street, Summit, IL
 - **Ages served:** 18 years old and older
 - **Hours:** 24/7
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Healthcare Alternative Systems (H.A.S.): Living Room Broadview Location

The Living Room is a refuge for individuals in crisis—a safe, welcoming, and judgment-free space offering free, confidential, and immediate emotional support on a walk-in basis. The Living Room provides an accessible, comforting alternative to the emergency room during times of stress and crisis. Counseling services are always free and confidential.

- **Location:** 1917 West Roosevelt Road, Broadview, IL
 - **Ages served:** 18 years old and over
 - **Hours:** 12PM-8PM, 7 days a week
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Leyden Family Service and Mental Health Center: Living Room Franklin Park Location

The Living Room is a safe, calm and comfortable place to visit when you are emotionally struggling. Recovery Support Specialists are available to help. This is a free service, available on a walk-in basis. You can also give them a call for a phone or video session.

- **Location:** 10013 W Grand Ave, Franklin Park, IL
 - **Ages served:** 18 years old and over
 - **Hours:** 24/7 including holidays
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TREATMENT FINDER

FindTreatment.gov is a confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories. The website is available in English and Spanish, and results can be filtered to select providers that offer services in Spanish.

- **Visit (English):** [Find a Treatment Facility - FindTreatment.gov](https://www.findtreatment.gov)
- **Visit (Spanish):** [Encuentre un centro de tratamiento - FindTreatment.gov](https://www.findtreatment.gov)